

QC

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Restaurant marks 50 years serving people of Regina **P. 8**

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Women's clothes reflect her travels across the continent **P. 9**

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A wine that's perfect for the Friday family dinner **P. 18**



EMBRACING LIFE

**ALVIN LAW HASN'T
MET AN OBSTACLE
HE COULDN'T OVERCOME**
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Photographer writer Alan Linn picks up after a talk with students at Thomas & Mary School in Calgary on Sept. 10. PHOTO BY LEAH HENNEL/CALGARY HERALD

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Anna Lohans explains dark issues for youth in *No Place for Kids*.

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Alan Linn was born without arms, one of the 100,000 babies born in the early 1960s. His adaptive pencil is, teachers and wife didn't give up on him, and after becoming a fixture on *Today*, Linn is now in demand around the world as a motivational speaker.

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Mocking what to do with more apples than you need? Food writer Rose Kohnen knows one option. PHOTO BY KERRY HOWE/LEAH

QC COVER PHOTO BY LEAH HENNEL/CALGARY HERALD

QC is published by the Leader Post — a division of Postmedia Network Inc. — at 1944 Park St. Regina, Sask. S4N 3K4.

Postmedia is a member of the CRTC.

For advertising inquiries contact 306-522-1522; editorial 1-855-688-6557; home delivery 306-522-1522.

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ON THE COVER

People take things for granted, and when you have no arms you tend not to do that.

— ALVIN LAW

ALVIN LAW

Story of perseverance shared around the globe

By Sean Trembath

Alvin Law believes in the power of positive attitude. He has built a career out of telling people to live the best life they can with the curve they have been dealt, just as he does.

"People take things for granted, and when you have no arms you tend not to do that," he says.

Despite growing up in an era where there was much less awareness and infrastructure for people with disabilities, Law thrived in all aspects of life. Now in his life as a motivational speaker, he has brought his story to people on five continents.

In Saskatchewan, he enjoys a semi-regular status thanks to 50 appearances on *Talentland*. You might remember him playing the drums with his feet.

He isn't ashamed to trumpet his accomplishments, but at the same time he knows that everything he has done can largely be credited to the people who have helped him along the way — his adoptive parents, the teachers who didn't give up on him, and his loving wife.

"When they accomplished, that to me is the essence of that story," he says.

...

Law was born in Vietnam in 1966. During her pregnancy, his mother was given thalidomide, a drug used to ease nausea and other symptoms for expectant mothers. At the time, no one knew the consequences. Law and thousands more children worldwide were born deformed or with limbs missing.

Law was given up for adoption at just five days old. Although he says audiences will often gasp when told this, he doesn't hold it against his birth parents. They were very poor and had two other children to take care of. Alvin, had they not done so, he never would have fallen into the care of the Laws — a French couple who wanted him to experience the things he was capable of.



Alvin Law talks with students at Thomas B. Alley School in Calgary. Law came to the attention of the public through television, invited by LEAH REMICK/GALAXY NEWS

I wasn't being hidden in a basement, or shut up in a room. — Law

From an early age, his religious parents forced him to learn self-worth closely. They taught him to do almost anything with his feet.

"My mom would shout. She would make me do things like throw a needle or a pen ballroom in a cup, to give me dexterity in my feet," Law says.

They also made sure he was a part of the community, making friends with other kids.

"I wasn't being hidden in a basement, or shut up in a room," he says.

The family lived across the street from a school in Vernon, a northern rural town. He would go there. But that was the 1960s, and the public school system wasn't used to dealing with children with disabilities.

"Kids like me went in special needs building only. That's what they were. There wasn't a curriculum, they were more like day camps," Law says.

His parents weren't having that. They were adamant he go to school with the rest of his friends and be offered the same opportunities.

"It was my dad who ended up talking in the principal and basically saying, 'Look, we don't know what he's capable of,'" Law says.

He did well in school. The other children already knew him from around town as he doesn't remember being isolated until later, when he moved to middle school. Even then, he chalks the teasing up to standard adolescent stuff. It passed quickly once he gained more confidence and showed what he could do.

"It just showed me how he could get around," says Kim Sherman, a former guidance counselor and principal at Law's high school.

In particular, Sherman remembers Law's first love affair.

"He was always happy. I never saw our son ever being upset about anything," Sherman says.

Law meets his father with teaching him that song was never the right path. It's something he carries through to this day as he speaks to crowds.

"I'm not up on stage because my life. I'm celebrating my life," he says.

It was during his high school years that Law first came into the public



Alan Law at a baby, and at 10 months old. He says he was forced to learn to be self-sufficient. PHOTOS COURTESY ALAN LAW



Alan Law at 10 months old, and at five years. PHOTOS COURTESY ALAN LAW



spotlight. He was attending Camp Easter Seal, which caters to children with disabilities. A CBC television crew came out to do a news story and got footage of Law shooting a bow and arrow with his feet.

"The day after the story aired in 1976, Law was recruited as the Easter Seal's "Timmy," an ambassador role position, for the next year.

As this would have it, 1977 was the

first year for Telethonweek. His work as a Timmy made him a natural choice for the program. People all over the province saw him play the drums, sing songs, throw a ball, and perform fine.

"A lot of people had never seen that," Law says.

For a time, he thought he would become a musician. He was able to play troubadour with the help of a

special sound that attached to a disk, and was even selected as first chair for the stellar band at a national high school competition. There was interest from some American universities, and talk of scholarships.

A conversation with Sherman got him thinking in a different direction.

"He said I should think about getting a job where having to serve was

going to be incorporated. What we came up with was broadcasting," Law says.

He attended Mount Royal in Calgary then moved to Regina and worked as a radio DJ. Ripping vinyl records. He liked the job, but would soon switch careers and head down the path to the career he still has to day.

Law started working with the Saskatchewan Audition Council in 1961. The LIM had declared it the International Year of Disabled Persons, and Law was hired to speak at schools.

Then in 1966, Vernon hosted Canada's first-ever national youth leadership conference. As a former resident, Law was a natural choice for the program.

"The people there really thought he was something else. That was kind of the springboard to everything he is doing now," Sherman says.

His name started spreading. Finally in 1988, Law decided to become a full-time professional speaker.

Continued on Page 8

The people there really thought he was something else. That was kind of the springboard to everything he is doing now
—Ken Sherwin

He was successful enough to get big but had some trouble with the business side of things. In an even before the Internet, he found it hard to coordinate everything while being on the road so much.

My reputation was getting out there that I was a really good speaker. If you could track me down," he says.

A turning point came in 1981 when he met Darlene, who is now his wife. She had seen him speak at a conference in Alberta and was introduced when they were hanging out with mutual friends afterward.

"I think what got me more than anything was his total acceptance of who and what he was," Darlene says.

"There's able-bodied people who are not that comfortable with who they are."

Things moved quickly. They met in March, went on their first date in June and moved in together in Octo-

ber. They were married in 1983.

Darlene, who describes herself as very organized, saw immediately that she could help him with the business side of his career.

"The first time I went to his place I found a large pile of paper on his living room floor. When I started looking through it I realized it wasn't just mail. There was credit, loans to speak contracts, cheques, everything," she says.

"As good as Lew is on stage, that's how bad he was with the whole business thing."

She took over the management side and they have never looked back. Lew went from speaking almost exclusively for students to teachers in workshops, then other associations, then corporations and conferences. They moved to Calgary in 2006 and Lew joined the Canadian Association of Professional Speakers.

Meanwhile he was working on writing his life story on 11 year pro-



Lew Lewis talks about his life with his foot clapping his cane with Rickie at St. Thomas & Riley School in Calgary. PHOTO BY LEANNE ANDERSON FOR THE LEADERPOST

cessor, he says was the hardest thing he has ever done. Here too Darlene was instrumental. He gave her his first manuscript, which weighed in at 600 pages.

"She read it and said it was horrible," Lew says, laughing.

Darlene encouraged him to find the same voice he uses on stage. Finally, in 2007, he published Lew's Laws of Life, which recently went for its seventh print run.

Lew says he has done more than 3,000 speaking engagements. He does around 100 a year and spends about 100 days a year travelling.

"What I have found most fascinating is my story is universal," he says.

"I can go to Thailand, and use a translator, and they appreciate my story just as much as if I'm in the room."

Lew tries to make his presentations less about his disability and more about positivity. He is sometimes self-conscious about the show of his prosthetic leg, but understands the

value it provides for his message.

"What people always say is, 'Wow, if you can do that, what's my excuse?'" he says.

He has no intention of slowing down. Travelling and speaking are what he loves to do.

"That's all I can hope for, to continue to do this until the end of my life," Lew says.

Although much of his program stays the same, there is polish and evolution that comes from his life experience.

"It is a more mature version of All in Lew, and I think as time goes by that will only grow," he says.

As long as he is able, Lew hopes to use his personal story of perseverance to help others make the best of their own lives.

"It's a very big responsibility that I've never taken lightly," he says.

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RECIPE

APPLES

Baked galette brings smell of fall into kitchen

By Renée Kohlman

There's nothing like coming home from work and finding a basket of apples on your front step. A friend dropped them off recently, gifts from her grandma apple tree. When I asked to thank her, she asked if I could take some more. Delecting a note of peace in her voice, I happily said yes.

They were beautiful apples, sweet, juicy and delicious. So I took I was with about 40 pounds of apples, making my house smell like an orchard. Now I begin to pause. While these are tasty eats, out of hand, one can only eat so many apples. I soon began passing them off to friends who invited me over for dinner and my cousin who helped set up my new computer. They too, were happy to get the apples. Full circle, huh?

Those left behind I tucked into my croissant for snacking or baking with later. Then just weekend I cannot stand four pounds of spend apple butter. Blathered on a stove, it's gassy stuff. And best but not least, this tart happened.

No, don't get me wrong, I like pie. I love pie. But some times you just don't feel like all that rolling and dishing and double crusting. That's why I love the rustic simplicity of galettes. The process to be perfectly perfect is out. Skin the apples, core the pastry spread. If with an almond, paste, top with almond and spread apples fold over the edges and that's it. When hungry you are done.

When it's almost finished baking, drizzle some vanilla lightly delicious drizzle de leche on top and let it bake some more. It adds the richness of cream, without actually having to make cream. I seasoned my apples with star



Apple and Almond Galette with Dulce de Leche. PHOTO BY RENÉE KOHLMAN

anise, cardamom and cinnamon, but feel free to substitute nutmeg, cloves and ginger if that is more to your liking.

I encourage you to inhale deeply as the galette bakes, the smell of fall is clear and true. I also encourage you to serve this with a scoop of your good vanilla ice cream while it is still warm. Oooh la la. Just between you and me, it makes a terrific breakfast, too. Just add a scoop or two of plain yogurt if you have no issue with guilt.

Apple and Almond Galette with Dulce de Leche

Pastry:

> 2 1/2 cups all purpose flour

> 2 1/2 tsp salt

> 1/2 cup unsalted butter, chilled and cubed

> 1 large egg

> 3/4 cup ice cold water

> 2 large egg whites

> 1 cup powdered sugar

> 1/4 cup ground almonds

> 1/4 cup melted butter

> 20 tsp almond extract

> 3 apples, peeled, cored and thinly sliced

> 1/2 cup fresh lemon juice

> 1 tsp lemon zest

> 2 tsp ground star anise

> 10 tsp ground cardamom

> 1/4 tsp salt

> 3 tbsp olive sugar

> 1/4 cup unsalted butter

> 3 tbsp Dulce de Leche

Instructions:

To prepare pastry in a large bowl stir together flour and salt. Cut in cubed butter until you start bits remain in a measuring cup. Beat together the egg and ice water. Make a well in the flour mixture and dump in the egg. Stir with a fork until it comes together in a shaggy ball. Add more ice water if needed. Lightly dust counter with flour and shape the pastry into a ball. Cut in half and shape each half into a disc. Wrap in plastic and chill for one hour. Only need one disc of pastry

for this recipe. Freeze the other half for another use.

In a small bowl, whisk egg white and powdered sugar together until frothy. Stir in ground almonds, melted butter and almond extract. Refrigerate while preparing rest of recipe.

In a large bowl, stir together apples, lemon juice, zest, spices and salt. Be sure spices are evenly coated on apples.

Preheat oven to 375 F.

On a lightly floured surface roll out the pastry to a 10 inch diameter circle. Roll in half and carefully place on a parchment lined baking sheet. Spread almond

cream over pastry, leaving a 1 inch border. Arrange apple slices in a concentric circle (you may have a few left over). Sprinkle with cane sugar and dot with butter. Pinch edges over apples and bake for 30-35 minutes until crust is golden brown on the middle rim of your oven.

Remove from oven and drizzle the Dulce de Leche on top of apples. Return to oven for another 10 minutes. Remove and serve a pastry brush gently spread the melted Dulce de Leche evenly around apples. Let it rest on baking sheet for 15 minutes, then let it cool on a wire rack. Makes 6 servings.

ON THE SCENE

COPPER KETTLE 50TH ANNIVERSARY

The Copper Kettle restaurant has been a downtown fixture for more than half a century. To celebrate, owners Robert and Ann Gendekos hosted a 50th anniversary party on Sept. 10. Commemorative appetizers and cocktails were served to guests, who had an opportunity to reminisce about Copper Kettle experiences enjoyed over the years. Hosts for the popular spritz and salsa social (left) were (from left) the Gendekos. The Copper Kettle has been located on the 900 block South Street since 1964. It started as a lunch counter and, over the years, continued to expand. It currently seats 350. The Gendekos family also owns O'Hanlon's Irish Pub next door. Between the two businesses, they can seat another 250 on their heated outdoor patios.



QC PHOTOS BY MICHAEL BELL

1. The 50th anniversary party at the Copper Kettle in Raina.

2. Sarah Ryan, Tracy Fahlman and Steve Gries.

3. Ann and Robert Gendekos.

4. Lenia Gibbons and Dana James.

5. Lori Batten and Lois Mortensen.

6. Lorne Rensick and Karen Mondor.

7. Tracy and Tamara Moush.

8. Mueperts and Barry Gault.

9. Debra Jensen and Rita Gammis.



FASHION

Do you have fashion advice to share with our readers?
Email us at qc@leaderpost.com

#SASKATCHEWAN FASHION

A multi-city wardrobe

By Sean Trembath

Dusty Rose's closet is filled with items from all over Canada and the U.S.

Her look as a software engineer takes her to New York, Chicago, Vancouver and anywhere else a client needs her. She jokes that the travel has stoked her shopping addiction.

"I travel a lot to the U.S. and with the dollar, it hasn't slowed down at all. It probably should, but no. I'm still ridiculous at shopping," she says.

Her Rose, rose outfit starts with the footwear.

"I usually actually start with the shoes and work my way up. I pack out what shoes I want to wear for the day and work on outfit on top of that," she says.

Her shoe collection alone fills racks and racks, averaging around two pairs. She has shoes from Paris, Texas and New York alongside local finds.

"When I see something at the store, I know I have to have it, and I don't buy it usually and I regret it," she says. "If I like it, I always try to buy it at full price."

Although she is always adding pieces to her wardrobe, she doesn't let things go to waste.

"It might be a long time between wears, but my closet is huge because I keep a lot of things for years and years," she says.

Rose says there isn't a strict set of rules for her style. Comfort is key.

"It's basically whatever I feel like wearing," she says. roseblissdesignphotography.com
twitter.com/rosebliss



This outfit is the type of thing Rose puts on when she is looking to impress.

"I would probably wear this to a party event or out to a fancy supper with a group of friends or out on a date," Rose says.

1. JACKET: Bought in Vancouver. "It's a staple. I'm actually glad it's getting cold so I can wear it."

2. DRESS: "I just picked this up in Chicago last week. It's the first time I'm wearing it. I like the way the stripes complement my curves. It's super fun and super comfortable."

3. SHOES: "These shoes were bought in Manhattan, New York. I bought them because of the neutral colour. They go with absolutely everything. I get compliments on them all the time."

4. NECKLACE: Bought at Vint. "It's by a Reine designer. It goes with absolutely everything. I'll wear it with T-shirts. I'll wear it with a dress. All the time."

When dressing down Rose likes to keep it simple and comfy, and leans toward black as the prevailing colour.

"My casual outfit always includes jeans. Anything I can usually wear with boots. And always comfortable. That's my main thing," she says.

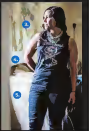
1. BOOTS: Frye boots from Newark. "I have a small obsession with Frye boots. I had like (boots) equal out my hips a bit. It's more of a gut thing."

2. Bag: Winers in Toronto, about \$40. "I've actually wanted a backpack for a while. They're a lot more trendy right now."

3. NECKLACES: H & M. "I joined two together to make more of a statement necklace."

4. T-SHIRT: H & M, about \$10. "It's such a great fabric. It hangs really nice, and it's black, so you can't go wrong."

5. JEANS: "I got them yesterday. Black, of course. I like the distressed look. I spent a little bit more money on my jeans, shoes and jacket."



ASK ELLIE

Affair brings couple closer together in the end

Q: I'm a man whose wife had an affair. For me, it didn't matter that she did it through a dating site.

We went counselling, she asked her "friends" — which was that I was very dishonest at the time due to doing work in a dying period. It was true. And I forgive her.

The grief that it was not a love affair with a stranger or someone I knew, which then wouldn't have hindered both of us to get past.

I told her that I loved her and wanted to still be with her and our old dog, and she cried and said she wanted the same. We've been good ever since.

Made It Through

A: You took some of the steps that are absolutely necessary when trying to get past a spouse's affair. Most important, you acknowledged that there were reasons why she looked elsewhere.

You owned the fact of having an affair — about without relief — to her feeling lonely in the relationship.

And you did this in the presence of a professional counselor who could help you both process the hurt, disappointment, and tentative hopes you both felt.

Then you opened your heart to a new beginning for your marriage as did your wife. And it's worked.

Q: I'm having trouble dealing with the way I think about my girlfriend's son. We've been living together for four years — first as roommates, so we each have our own room.

I got annoyed over stupid little things regarding his room.

I got a kitten two days ago, and he has his own cat. We keep mine in his room at night since he cat wanders nightly and we don't want him to hurt mine.

My girlfriend sent me a text saying she told her son to sleep in my room so that my cat wouldn't be alone. I'm slightly become annoyed and slightly angry, but I responded with OK. I'm annoyed that he's sleeping in

Ask Ellie



the only place in the house that's mine. He wouldn't want me sleeping in his room either. I felt avoided.

I sometimes also become annoyed when he asks me to take him to school, or asks favours of me when I'm not in the mood.

I realize that I'm being unfair. We're trying to deal with his behavior, which makes me angry. He's a four-year-old kid, and doesn't be partly.

He's greedy, disrespectful, and thinks the world revolves around him. He's a normal teenager.

When I get annoyed I try to think of positive things about him because

I don't want to hate him. I actually care about him and love him.

He's smart, nice, caring, and fun. So how can I deal with this behavior when I don't want to hate him? Is he really 15?

Conflicted

A: The problem lies in your relationship with his mother, not the son.

You need to look at equal voice more than ages. If you didn't want her son in your room, you should've said so.

Or else you just resented her making the decision instead of just saying it.

Meanwhile, all three of you have to discuss your situation as a couple and as a family.

Yes, a teenager needs to be understood as much, but with some boundaries. And you and your partner need to be clear about your role as what? Stepmother? Housewife to both of them? Whatever it is, your

place there has to be understood and respected, too.

Q: A friend and I regularly walk together. Recently I asked her if an other friend might like to join us.

She eventually responded that the other lady really dislikes me. I was shocked.

I never felt conflicted about our friendship, wondering how she can spend that with someone who dislikes me that much.

I want to distance myself from my friend now. I'm not sure if my reaction is warranted.

Feeling Betrayed

A: To stay friends, you'd need to learn more. How long has she known about this attitude towards you? Why does her other friend feel such strong dislike? Why hasn't she told you before that?

The answer, if forthcoming, will either clear the air or leave you more sure if it's time to distance yourself.

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EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

MUSIC

Wednesday, Sept. 16

Wednesday Night Folk: Ben Winslow and Jeff Stearny
Bushtucker, 3305 Dewdney

African Children's Choir:
7 p.m. Westhill Park Baptist Church,
8025 Silverwood Dr.

The Allay Garage:
Lasekoff's, 2330 Albert St.

R&B with Islander:
The Pump, 661 Victoria Ave. E.

Nu-Crime:
Artful Dodger, 1631 11th Ave.

Thursday, Sept. 17

Live music:
Fast Badger, 1852 Scotch St.

Kareoke:
8 p.m.-2 a.m. The Slip, 306 Albert St.

F---the Facts:
Garmen Club, 1127 St. John St.

Live on 11th CTRT Lasekoff Night:
8 p.m. Artful Dodger, 1631 11th Ave.

SEARCH 93.5 Band Night:
8 p.m. McNulty's,
2228 Dewdney Ave.

The Apogee:
The Exchange, 3631 16th Ave.

Friday, Sept. 18

Live music:
4-7 p.m. Monarch Lounge, Hotel Saskatchewan, 2125 Victoria Ave.

Weekly Drum Circle:
Instruments provided
7:30-9 p.m., The Living Spirit Centre,
3019 Dain Dr. Call Mike, 306-650-3951.

Kareoke:
8 p.m.-2 a.m. The Slip, 306 Albert St.

Chicks Drink Show:
Featuring: Resisted Lin, Lunar Under Dance Commander and Hello Lady 8 p.m. Garmen Club, 1127 St.



June (top) piece Anselmo Cabaret is part of the exhibition *Function to Fantasy* at Scott Fine Art Gallery.

John St.

Hamm's Harpists:
Casino Regina Show Lounge
1880 Saskatchewan Dr.

Underground Sound:
Artful Dodger, 1631 11th Ave.

Sean Dene Band:
McNulty's, 2228 Dewdney Ave.

Trigger Ring:
Edwards, 2300 Dewdney Ave.

Last We Fall, Bones to Dust, Port Poets:
The Exchange, 3631 16th Ave.

Surf Beats, If We Are Machines, Bryan Michael:
O'Brien's, 1547 Scotch St.

Saturday, Sept. 19

Open Acoustic Jam:
3:30-6 p.m. Bowdler's Lounge, 1307
Broadway Ave.

Live music Jam:
All types of music welcome. Hosted
by Emily Knistler.
4-6 p.m. The Slip, 306 Albert St.

Kareoke:
8 p.m.-2 a.m. The Slip, 306 Albert St.

Sonic Drifted:
9 p.m. Broadway's Lounge, 1307
Broadway Ave.

The Project R, Brandy Moore:
9 p.m. The Capitol, 1843 Hamilton St.

Trigger Ring:
Edwards, 2300 Dewdney Ave.

Sean Dene Band:
McNulty's, 2228 Dewdney Ave.

Steven plays Mozart:
1500 Mozart Masterworks
8 p.m. Centus Arts Centre
200 Lakeshore Dr.

Kris Craig and Ben Miller, Jorgelina:
8 p.m. La Sierra Montegrano and:
Laval, 3850 Hillside St.

Sunday, Sept. 20

Open Jam:
3-8 p.m. Mojo Club, 639 Victoria Ave.

Kareoke:
8 p.m.-2 a.m. The Slip, 306 Albert St.

David Galle, Colleen Brown:
Artful Dodger, 1631 11th Ave.

Monday, Sept. 21

Monday Night Jazz & Blues: White-boy
Salem
Gowdewick, 2200 Dewdney

Kareoke:
8 p.m.-2 a.m. The Slip, 306 Albert St.

Broomfield:
Artful Dodger, 1631 11th Ave.

Tuesday, Sept. 22

Acoustic music:
Rebellen, 1501 Dewdney Ave.

Kareoke:
McNulty's, 2228 Dewdney Ave.

Celtic Sensation, King Remon, Black Crown Artists, Dark Sermon:
The Exchange, 3631 16th Ave.

New West:
9 p.m. The Capitol, 1843 Hamilton St.

Kareoke

Artful Dodger, 1631 11th Ave.

VISUAL ART

Zena Wilcox: Stripes and Grids:
Sept. 16-Oct. 17 Matis Gallery, 106
2300 Broad St.

Love at First Sight:
Explore the collection of Drs. Morris and Jacqui Shantatosch. Highlights of the exhibition focus on their collective of fruit, world, and Western Canadian art that began in 1954. Opening Reception: Sept. 16, 7-10 p.m.
Sept. 19-20: 3 MarkKnox Art Gallery, 3475 Albert St.

Summer Studio:
New works by 16 of Saskatchewan gallery artists. Through September. Open Wednesday to Saturday, 11 a.m.-5 p.m. Nova Scotia Gallery, 2145 Broad St.

Margaret and Gerald Joseph: Myths, Nature and Lore:
Paintings of Canadian landscape. Scott Nicholson Fine Arts Ltd. Exhibition. Until Sept. 30. Regina Centre Crossing, 1021 Albert St.

Function to Fantasy:
A multi-artist exhibition focused on furniture, the studio and the environment. Until Oct. 3. Scott Fine Art Gallery, 2076 Halifax St.

Iris Hansen Davis Cooks:
Exploring gender identity, self-image and self-expression, this exhibition includes portraits of some of Master's longtime models in the way they wish to be portrayed, rather than in the roles they usually play as actors in staged tableaux. Until Oct. 11. Art Gallery of Regina, 101 Ballwin Ave. Arts Centre, 2420
Elphinstone St.

Mark Sexton: Otherworlds Viewed:
Wood, painting landscapes of over-looked areas on the grounds of the University of Regina in Moose Park. Until Oct. 15. University Club, Room 215, College West, University of Regina.

EVENTS

Summer in Contemporary Canadian Fine Art
Works of art explore Canadian landscape and wildlife.
Until Oct. 31, Scott Nicholson Fine Arts, Regina Gensie Crossing, 1621 Albert St.

Dagmara Gerdas: Sealing the Bush
In London, Polish-Canadian artist Dagmara Gerdas took hundreds of photographs of one common loon bird; that was isolated into a multi-media form. The resulting collage project explores attempts to divide and control nature.
Until Nov. 4, Dunlop Art Gallery — Sherwood Village Branch, 6121 Southside Blvd.

Barbara Menelky: Keeping the Tower

The artist records herself stacking dozens of books to block her entryway, sealing herself off from the world. Trapped behind this barrier of nameless books, Menelky literally slips into the words on printed pages in effort to find freedom. In the book: Until Nov. 16, Dunlop Art Gallery Midtown Centre — Central Branch, 2311-1231 Ave.

Edithen: Addition 2

A scrolling cross-section of permanent-collection prints (35th number: 31-37) by artists including Amy Warhel, Mary Pratt and Shariel Asheewa. The edition number is a bit of a puzzle — a unique identification tag for something that is not unique, making the print's owner also somewhat special.
Until Nov. 23, Mackenzie Art Gallery, 3475 Albert St.

Dorelle Pavell: [Re]facing the Gensie

This exhibition includes the viewer with 38 portraits of indigenous artists and curators. Tucked in the midst of these black and white portraits are images of a homier sort: small canvases that mount the funny albums of family photo-booth.
Until Nov. 23, Mackenzie Art Gallery, 3475 Albert St.

Asanbols Gallery
3365 Smith St.
Open Tuesday to Friday 10 a.m.-5:30 p.m.



Norm Macdonald will be at Casino Regina on Saturday.

9 p.m., Saturday 10 a.m.-5 p.m.

Neutral Ground

303-1015 South St.
Open Tuesday to Saturday, 10 a.m.-5 p.m.

Plain Red Art Gallery

Represents indigenous visual art practitioners, culture and history found in the province of Saskatchewan. Curated and displayed.
Monday-Friday, 9 a.m.-4 p.m.
First Nations University, 1 First Nations Way

COMEDY

Red Hot Hot!

Improv theatre and comedy hosted by Jayton Pfeiffer.
Sept. 16, 8 p.m.
The Artscape, 2627 10th Ave.

Pass the Hat

Sept. 16, 9 p.m.
The Club at the Exchange
3411 8th Ave.

Sept. 16, 1:30-4:30 p.m.
Creative City Centre, 1643 Hamilton St.

The House of Chow Mein

New Dance Horizons production directed by Edward Fong.
Sept. 16, 8 p.m. U of R Model Centre, University Theatre

World Lip Poetry Slam to: Erin Gordon

Sept. 16, 7:30 p.m. Creative City Centre, 1643 Hamilton St.

Living Poets Society

Spoken word open mic night.
Every Tuesday, 5 p.m.
Heekah Lounge, 215 Knox St.

PERFORMING

TURTLE ISLAND

A publication of Indigenous theatre and performance. Visit performsociety.ca for more information.

Sept. 16

4-10:30 p.m. Third Floor Screening Room
Bulldozer Calling by Tesha Housh.
Screened by Cindy Fox, Director of the Space in Between, conceived by Lucy Morn-Desjardins and made in collaboration with Michelle Simard, Editors Anne Winkler and Trudy Stewart.

4-6:30 p.m. S.M.I.T. of the Earth — Installation and Reception by Kevin Mowbray.
U of R Model Centre, Fifth Floor Gallery.

6-9 p.m. Playwrights Reading Series: David Miles.
U of R Education Building, Room 191.

Sept. 17

Film Screening

8:30-8:45 a.m. The Owl Who Married a Goose by Caroline Leaf.
8:45-9 p.m. God by Peter Dink.
9-9:45 p.m. Land of Oil and Water by Warren Carlow.
10-11:30 a.m. A Written Tale by Ann-maree Ruffa.
U of R Model Centre, Fifth Floor Gallery.

Neen-6 p.m. First Nations University Student Union Hall. Pow Wow. Grand Entry at Noon on the West Green.

2:30-4 p.m. First Nations Reading Series: Genie David Meese and Nicole Nolan.

6-9 a.m. Film Screening and Documentary: Antelope film and documentary, directed by Floyd Fazel and written by Denise Kusko.
6 p.m. Opening Reception and Translators.

6:30-7 a.m. Spiritual Presentation — Pioneer — Inspired by Clearing the Mind; discussion with artist Brett Grahm and author Jesus David.
7-7:30 a.m. First Nat'l Gallery. Lunch and Performance: A Woman and This Knead That She Be Made For You by Amy Malouf.
First Nations University of Canada.

Sept. 18

9-9:15 a.m. Opening Prayer.
10:15-10:30 a.m. Keynote Address — Mary Kane — History of Indigenous Performances in Canada.

10:30-11 a.m. Performance: Strands of Knowledge by Adrienne Brabant-Henry.

11-11:30 a.m. Performance: The Birds, The Bees, The Babies by Adrian Stinson and Lori Blondeau.
First Nations University, Student Centre.

Neen-12:45 p.m. Lunch and Book Launch: Improvisation Studies Reader: Spoken Words Arts.

12:45-1:30 p.m. Performance: Salamanders and Salamanders.
Elemental Play.

1:30-2:30 p.m. Roundtable: At the Edges of Matter and Land: Improvisation and Indigeneity.
U of R Model Centre Room 176.

3-4 p.m. Talk and Performance by Epp Dennerne, Wicks and Catherine Magowan — Counterstories: Indigenous Perspectives and Representation in Classical Music and Opera.
Sho-Box Theatre.

4:45-5:45 p.m. Deenestwilling identities in Indigenous Performance.
Model Centre 176, Theatre Department.

EVENTS

6-7:30 a.m. Exploring Indigenous and Cross-Cultural Connections within the Culture of Hip-Hop
U of R Haddell Centre, Room G45, Interactive Media and Performance Labs

8-9:30 p.m. A Matter So Much: Minkah's Mission Below, a play by Anna Huxtable and Old Earth Productions
Shu-Bi Theatre

Sept. 19

9-10 a.m. Workshop: Meeting Ground — Jeffrey Petts/Kapriel, a movement and storytelling workshop that brings us together in respectful greeting

10-11 a.m. Table Reading of new works. Anticipated to be Exception by Floyd Fazel and Unsinkable Newberg-Ganser
U of R Haddell Centre room 116

11:30 a.m.-12:30 p.m. Kaylene Andrews — Michael Emerson, Performing Indigenous Theatre Paradigms

Prize Seating and Stingers
Cameron College Auditorium

1:00-2:00 p.m. Panel: Performance Storytelling and Community Engagement
3:00-4:05 p.m. Panel: Indigenous Film Production
U of R Haddell Centre Room 116

5-6 p.m. Short Film Premieres — by RIG Media
Remember by Brad Bulgarelli
I Am a Boy Thomas More Rescued by Louise Wright
Barries and Barbeck by Jenine Windish
U of R Haddell Centre, Fifth Panelled Gallery

6:30-7:30 p.m. In Spirit — written and directed by Tim Douglas
U of R Haddell Centre, Shu-Bi Theatre

DANCING

Scottish Dancing

Call 306-363-3927 for more information
Wednesday, 6:45-9 p.m.
Victoria Club, 1300 Victoria Ave

Salsa dancing
Sept. 16, 8-11 p.m.
Cathedral Village Freehouse, 3062 Albert St.

Salsa on the Plaza
Every Thursday, 7-11 p.m.
City Square Plaza, downtown

SPORTS

Regina Pats vs. Prince Albert
Preseason
Sept. 16, 7 p.m.
Sandy Centre, Evans Place

Taskatelluson Thoughts/lets vs. Ottawas
Sept. 16, 7 p.m.
Mosaic Stadium

FOR FAMILIES

Art Guides
Full registration is now open for Art Guides of Canada. Register online at artguides.ca or phone 1-800-565-8111. Sparks (ages 5-8), Brownies (7-8), Guides (9-13), Pathfinders (12-14), Rangers (15-17).

Junco Attack
Monster truck riding and racing. Ages 3 and up. \$10 per team. Until Sept. 30. 10:30 a.m.-8:30 p.m.

North side of the Trans-Canada Highway, east of Prince of Wales Drive.

Stems and Structures
Wednesday, 1 p.m.
Complex Odeon Southland Mall, 3020 Cowan Rd.

Nights at the RSM
A movie from the Night at the Museum trilogy, popcorn and a

drink, games, storytelling and more.
Sept. 11, 6-9:30 p.m.
Royal Saskatchewan Museum, 2445 Albert St.

Young Explorers Club
Pizza and pop for support, a full-length film, gallery exploration, experiments, games and crafts for 9- to 12-year-olds. Dino Dentist — From sharp to square learn all about dinosaur teeth and who, what, where, when, and why they have feature film. Despicable Me 2.
Sept. 18, 5:30-9 p.m.
Royal Saskatchewan Museum, 2445 Albert St.

Used clothing and toy sale
Toys, clothing, crib, strollers and more. Hosted by Regina Parents of Multiples Association.
Sept. 19, 9:30 a.m.-noon
Cello Cycling Club, 2225 Sandra Schmitzer Way

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Fri. - Sat. 10-6:30 Sun. - Wed. 10-6:30

THE OFFICIAL MAGAZINE

Of the Regina & Region Home Builder's Association

— — — — —

PUBLISHED BY LEADER-POST

DISCOVER

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leaderpost.com/yourehome

EVENTS

Build and Grow Clinics

Build a special feature project. For children ages 5 and up
Saturday, 10 a.m.
Lewes, 4505 Gordon Rd.

Michelle Kilde Club

Saturday, 10 a.m.-noon
2088 Prince of Wales Dr.

Family Favourites films

Enjoy a favourite film for \$2.50
Saturday, 11 a.m. Galaxy Cinemas, 435 McContry Blvd N.

Fall consignment sale

Gently used children's clothing, books, baby items and more.
Sept. 16, 1-3 p.m.
Sunset United Church, 177 Sunset Dr.

Family activities

Saturday and Sunday, 2 p.m.
Saskatchewan Science Centre, 2903 Powerhouse Dr.

Family Studio Displays

Sunday, 2-4 p.m.
McKendrick Art Gallery, 3473 Albert St.

Super Sunday Movies

A different fun family movie each week. \$2 per person. Snacks available for purchase.
Sunday, 2:30 p.m.
Royal Saskatchewan Museum, 2445 Albert St.

Huguenot Club

Gallery exploration, games, crafts and activities for inquisitive 5-8 year olds. Pollution Explosion - Learn about the important role that bees and other pollinating insects play in producing our food and the beautiful plants and flowers of autumn and spring.
Sept. 20, 5:30-7:30 p.m.
Royal Saskatchewan Museum, 2445 Albert St.

Science Times for Kids

Interest-based workshop aimed at early learners.
Tuesday, 9:30-10 a.m.
Saskatchewan Science Centre, 2903 Powerhouse Dr.

Dress to Impress and Glam

Free event for youth aged 5-18. Tuesday, 4-6 p.m. ElectraView Community Centre, 615 6th Ave.

MUSEUMS

Allen Young School Museum
1650 4th Ave.

Tours by appointment only (306-523-3090)

Gouverneur House Museum & Heritage Property

4607 Dewdney Ave. Open daily 9 a.m.-5 p.m.

RCMP Heritage Centre

1907 Dewdney Ave.
Open 10 a.m.-6 p.m. daily

Regina Firefighters Museum

1205 Ross Ave.
Tours by appointment (306-771-1714).

Regina Floral Conservatory

14506 4th Ave. Open daily, 1-4:30 p.m.

Royal Saskatchewan Museum

2445 Albert St. Open 9:00 a.m.-5 p.m. daily

Saskatchewan Military Museum

1600 Elphinstone St.
Open Monday and Tuesday, 7-9 a.m., or by appointment (306-347-9349)

Saskatchewan Science Centre

2903 Powerhouse Dr.
Tuesday-Friday 9 a.m.-5 p.m., Saturday-Sunday and holidays, noon-6 p.m.
Closed Mondays.

Saskatchewan Sports Hall of Fame

2305 Victoria Ave.
Monday-Friday 10 a.m.-4:00 p.m., Saturday noon-5 p.m.

OTHER HAPPENINGS

Regina Farmers' Market

Wednesday and Saturday, 9 a.m.-1 p.m.
City Square Plaza, 12th Avenue and South Street

RCMP Sargent Major's Parade

Weddays, 12:45 p.m.
RCMP Depot Division, 5600 13th Ave.

Free try-it class

Fitness class for people aged 50 and up.
Sept. 16, 1:30-3:30 p.m.
YWCA, 1940 McIntyre St.

All Nations Healer Ther Arts

Learn to play music, dance and perform in free arts-based workshops, cultural teachings and employment workshops. For people ages 13 to 22 on a budget.

Wednesday Monday and Tuesday, 5-7 p.m.
support 6-8 p.m.
YWCA, 1940 McIntyre St.



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Dr. Marita Schaub, BSc ND
debunks myths about collagen "creams," "beauty industry promises" and "dietary strategy to show you have and why collagen and generator collagen is an essential component to true health and beauty in her newest book: **Collagen Myths & Misconceptions**

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EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

Real Sisters Speed Social

An opportunity for women to meet other women for friendship or networking purposes.
Sept. 16, 7 a.m.
Creative City Centre, 1843 Hamilton St.

Night Party

Thursday, 5-6 p.m.
Victoria Park

Life Drawing Session

No formal instruction, all skill levels encouraged. Models will be nude with the exception of a few special costumed sessions. Bring your own drawing materials. \$10.
Thursday, 7-10 p.m.
Creative City Centre, 1843 Hamilton St.

Rolling of jeans tie

Sept. 16, 10 a.m.
In front of City Hall, 3476 Victoria Ave.

Popshop medium: John Deere ride

Sept. 16, 7 a.m.
Queensbury Centre, 1700 Eglinton Ave. St.

Pride Rock & Green Society Annual Show & Sale

Fossil and mineral exhibits, demonstrations, children's activities, door prizes, supplies and an silent auction.
\$3
Sept. 19, 10 a.m.-10 p.m.
Sept. 20, 10 a.m.-5 p.m.
Regina Senior Citizens Centre, 2134 Wilmington St.

Chess in the Park

Saturday, 10:30 a.m.-12:30 p.m. Victoria Park

Grass Punk Fest

Annual Fest at DeWitt featuring music, tattoos and a dance. For tickets, \$35, call 306-523-9991.
Sept. 19, 6 p.m. Italian Club, 2144 Connaught St.

Terry Fox Run

Sept. 20, 10:10 a.m.
Starts at the St. Douglas Building, 3471 Albert St.

Tai Chi in the Park

Sunday, 10-11 a.m.
Victoria Park



Johnny Deep stars in *Black Mass*, which opens in theatres Friday.

Women's Political Breakfast and Debate

Featuring Orlan Anagnost, April Boudreau, Tamara Friesen and Cathy Weirball. \$25.
Sept. 21, 7-9 a.m.
Thursday, 4177 Albert St. 5.

Nature Regain event

Brenda Dale - Citizen Scientists Play an Important Role in Bird Conservation.
Sept. 21, 7:30 p.m.
Royal Saskatchewan Museum, 2445 Albert St.

Wives for women

For more information call Mary 306-189-9663 or toll 306-719-1352.
Tuesday, 8:30 a.m.
Eli's Sanctuary, Living Spirit Centre, 2028 Doug St.

Recovery Day Luncheon

Featuring guest speaker Cliff Melnick. For more info, call 416-540-5941.
Sept. 23, 11 a.m.-11:30 a.m.
Come to Arts Centre, 200 Lakeshore Dr.

ChessDay Challenge

Drop-in gathering of board game enthusiasts.
Tuesday, 6 p.m.-midnight
Sutton Plaza, 545 Albert St. N.

FILM

China's Politics

Colleen McNeil's report is warning of a worldwide real estate, money and export U.S. predicament. Can this slide into catastrophe be stopped?
Sept. 16, 7 p.m.
ATV/Oxley, 850-17th Ave.

The Violence of John Mariotti

Independent
Filmmaker Intendence, Q4 Apogee screening Thursday, 7 p.m.

Mix

Documentary
From the streets of Paris to the Siebel of Reno, poignant stories of parenthood. In the commercialization of infant feeding under the voices of women around the globe.
Saturday 2 p.m.

Serbian to Serbian

Documentary
The project crossed North America by train over 23 days in September 2013. A constantly changing group of contributors took part in 10 events in major cities and off-the-embroideries. What began as a train journey has evolved into a platform for non-commercial creativity and cross-collaboration between different mediums.
Thursday-Sunday

Love and Illness

Drama
In the 1950s, Beach Boys leader Brian Wilson struggles with a merging psychosis as he attempts to craft his own, and he goes on to sing in the 1960s, he is a broken, confused man under the 24-hour watch of steady therapist Dr. Eugene Landy.
Friday-Sunday

Regina Public Library Theatre

31st Avenue, 306-77-6166

--- To The Arctic 3D

Documentary

A mother polar bear and her twins seven-month-old cub are depicted charging Arctic wilderness they call home. They struggle to survive in a rigid environment of melting ice, invasive species, spectacular waterfalls and majestic snowbound peaks. Narrated by Kelsey Grammer.

Journey to the South Pacific

Documentary
Narrated by Cate Blanchett, this is a breathtaking odyssey to the tropical islands of New Papua, where the few who have shown and believed there, a Jew, a young island boy, takes on one journey to encounter whale sharks, sea turtles, manta rays and other creatures of the sea.

Jerusalem

Documentary
A tour of one of the world's oldest cities, as they're and rebuilt countless times over 3,000 years. The film follows three young Jerusalemites and their families - Jewish, Christian and Muslim - as they experience the city's history and its role in the region. Narrated by Benedict Cumberbatch.

Wentworth
2062 Riverhouse Dr.
306-523-6679

NEW MOVIES

Black Mass

Drama
In South Boston in the 1970s, FBI Agent John Connolly (Johnny Depp) convinces Irish mobster whiskey dealer (Johnny Depp) to work with the FBI for a common goal: eliminate the Boston mob. Whiskey goes on to become one of the most ruthless and powerful mobsters in Boston.

Captive

Drama
Following math addict Ashley Smith (Kate Winslet) is taken hostage in her own apartment by Brian Nichols (Devon Bostick), on the run as the subject of a city-wide manhunt. Turning to his audience to break women's book. The Phoenix DeWitt Life Ashley helps Brian find a more peaceful resolution to his own situation.

Everest

Thriller
A climbing expedition on Mt. Everest is derailed by a severe snow storm. Starring Josh Brolin, Robin Wright, Kate Winslet, Kate Winslet.

The Maze Runner: The Scorch Trials

Action
After having escaped the Maze, the Gladers now face a new set of challenges in the open world of a desolate landscape filled with unimaginable obstacles.

Galaxy Cinema

400 McCullough Blvd.
306-523-9999

Charles O'Brien

Southfield Mall Cinema
3021 Gorman Rd., 306-589-3337

Rainbow Cinema

Golden Shopping Centre
3806 Albert St., 306-239-5250

Event listings are only an advisory service. For more information, call the individual event providers. For more information, call the event providers.

GARDENING

GARDENING IN SASKATCHEWAN

Planning for spring? Plant a bulb today

By Erl Svendsen

It's hard to believe — still in night and it's time to start planning for spring. I'm talking about planting bulbs. It's truly an act of faith when you can put a wonderful, dreamy bulb in the ground in the fall, watch the leaves on the tree drop and then expect flowers to develop in the spring from seemingly nothing.

There are hundreds of different species and cultivars of bulbs (and bulb-like plants) available to Prairie gardeners. More than just buying red or yellow, there are tulips with fringed edges, with splashes of green, double, multi-colour, striped, tall, dwarf, early spring, late spring, and more. Beyond tulips (there lilies, ornamental onions (Allium), squill, striped squill, grape hyacinths, snowdrops, some fall-blooming (but not common) fritillaries, iris and more. Sturdy crocus, narcissus and daffodils are not really bulbs and hyacinths and paperwhites are definitely not.

Some earlier bulbs — particularly tulips, daffodils and lilies — are planted and planted according to size and so expect to pay more for pre-monsooned bulbs. Purchase the largest on specimens that you can afford. Large bulbs mean vigorous plants with large flowers. Avoid dwarfed, misshapen bulb.

Plant your bulbs as soon as purchased in a sunny, well-drained, well-drained location. There cover is important to reduce the damaging effects of winter. Planting deep outside, regardless of species or cultivar, bulbs should be planted at least three times deeper than they are tall. For example, if the bulb is 3 cm tall, make the hole about 10 cm deep. Plant slightly deeper in sandy soil. Initially, dig the hole a bit on-deeper than required. Add some bonemeal, Woodstock or 10-10-10 to the loosened soil and put some of the soil back to make it the proper depth. Place the bulb, pointed end up, in the bottom of the hole. Cover with the remaining amended soil.

Plant bulbs in clumps of 5 or more for a natural effect and to ensure the visual impact of a mass planting. You can also plant masses as tulips together with ornamental grasses or lilies, extending the blooming period of your patch and to add interest. Plant the largest bulbs in their proper depths, cover with soil and plant the next largest at a shallower level (a plant 10 cm tall and tulips of 10 cm).



A trio of tulips in bloom, one of the best fall-blooming bulbs. Photo courtesy of www.cdn.ca/AMN/AMN

Small species and cultivars (squill, grape hyacinth, squill's best fritillaries and tulips) should be planted near the edge of your border or near a path where they can be seen. Larger species such as tulips, lilies and ornamental onions can be planted further back to be admired from a distance. Some small species like squills or tulips tend to be planted under low growing perennials. The larger they grow, extra protection over the winter. After they die down, the ground isn't bare so you don't have to worry about disturbing them during the summer by planting something else to fill the space.

One version of a Chinese proverb is: "When you have only two pennies left in the world, keep a half of them with one, and a half with the other." I may have caution to spend both pennies on a half flower, you can always get more.

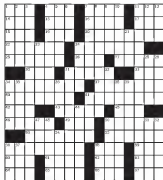
This column is presented courtesy of the Saskatchewan Perennial Society (SPPS) (www.saskperennial.ca). horticulture@blue.net. Check out our Bulletin Board or Calendar for upcoming garden appreciation events, work shops and more. Sept. 19: Labour & Lewis (all-day) Sept. 20: Saskatchewan Perennial Society (all-day) Sept. 21: Gardening 101 — Part III: Field, September of Saskatchewan.

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Word that which is almost right might be called
- 4 Great thing is a suit in a couple years
- 11 Throatless
- 12 Gamy shade
- 14 Conspicuous call
- 15 "Takes _____" rule
- 16 "Not that!"
- 17 Barren in poetry
- 18 Lovable measure in beer
- 19 Yikes with "the"
- 20 Acute indicator
- 21 Unpleasant atmosphere
- 24 Common in a lobby
- 25 Subject, changing word
- 26 It's not a worded sign
- 27 General's work
- 30 Curly of "The Rocky Horror Picture Show"
- 31 The musical "The Sound of Music"
- 32 "Oh, where's my _____?"
- 33 "Oh, where's my _____?"
- 34 Additive for North Korean beer
- 35 "I'm _____"
- 37 Pithy
- 40 Day larger than 48
- 41 Points of entry
- 42 Southwest Asian country
- 43 One law
- 44 Sealed container
- 46 A lot in a box
- 48 _____
- 50 Something put under one's arm
- 51 Not much
- 52 _____
- 53 "I'm _____"
- 54 "I'm _____"
- 55 "I'm _____"
- 56 "I'm _____"
- 57 "I'm _____"
- 58 "I'm _____"
- 59 "I'm _____"
- 60 "I'm _____"



PUZZLE BY TOMACCO

- 61 Matchmaker
- 62 Encouraging word
- 64 A lot in a box

DOWN

- 1 The bridge on the "The Rocky Horror Picture Show"
- 2 From here a built-in board say
- 3 "I'm _____"
- 4 "I'm _____"
- 5 "I'm _____"
- 6 "I'm _____"
- 7 "I'm _____"
- 8 "I'm _____"
- 9 "I'm _____"
- 10 "I'm _____"
- 11 "I'm _____"
- 12 "I'm _____"
- 13 "I'm _____"
- 14 "I'm _____"
- 15 "I'm _____"
- 16 "I'm _____"
- 17 "I'm _____"
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JANRIC CLASSIC SUDOKU

Level: Diff

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.



Solutions to the crossword puzzle and the Sudokun are found on Page 10.

WINE WORLD

WINE FOR UNDER \$20

A wine for the family dinner table

By James Romanow

I've been studying the "best under \$20" and "best around \$20" lists lately and noticed something remarkable. There are no American products on the lists (and, if you're shopping in Canada there won't be at least till the loonie rises, maybe 30 years from now). Mostly the wines come from Spain and Italy.

If you really want a wine that will complement whatever you have planned for dinner, you need to buy a Valpolicella. And if you know something about wine, try *Possessioni Rosso*, a wine from the estate, which is to say the possessions of Confratelli in the Dolomites of Trentino and Veneto (Italy).

It's an accident *Possessioni* was comfortable around Victoria. The casual battle of regular working folk's understanding is missing of grapes and chardonnay (Cude 8 of 10). Their lack of pretension is reflected in their light, fairly very dry wine that just works with food. *Possessioni* is a bit different, adding a touch of sangre to the mix of aroma and acid, and a little more structure and firmness. Well, *Possessioni* has that and up to 10 cents, and probably don't hang out with artists, writers and other off the wall set people.

A bright cherry colour takes you into a beautiful bowl of loaded with blueberry, blackberry



and glass. The palate is lean and very very long. This is a must wine, something you enjoy with steaks and roasted meats and onions. I found this at Grog but I expect the other grocers stores will have it or bring it in for you. If ever there was a wine for a Friday family dinner this is it.

Musi Possessioni, Rosso del Veronese 2011

Start for reviews on Monday and a while for full here and Wednesday show on Twitter guidelines.

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SLOW TO 60 KM/H

when passing emergency vehicles



Next time you see an emergency vehicle at the side of the road — police, fire or ambulance — please **slow down to 60 km/h** when you pass.

It's the law in Saskatchewan and fines start at \$160.

A message from Saskatchewan law enforcement.

Crossword/Sudoku answers

BUT	MAY	THIS	STY
UND	ARE	UMND	RE
RPN	MRS	PANGOLIN	
MIASMA	ZETROFF		
ANYWAY	AKA	STRIP	
TEM	OHAMA	EPA	
GLORIOUS	OPTSFOR		
OUTLAST	TOEHOLDS		
LAD	AWAIT	ALL	
FUMED	TILL	STACHE	
ALLITTLE	TARTAR		
MAHMAH	MAH	MAH	MAH
ACT	ERIE	ERA	OPS
NEO	SETS	TRY	NE

5	2	3	7	6	4	8	1	9
1	4	9	5	2	8	3	6	7
6	8	7	9	1	3	2	4	5
8	5	1	2	3	7	4	9	6
7	6	2	4	5	9	1	8	3
3	9	4	6	8	1	7	5	2
2	1	8	3	9	5	6	7	4
4	3	5	8	7	6	9	2	1
9	7	6	1	4	2	5	3	8

OUTSIDE THE LINES

Colouring contest

Each week, artist Stephanie McKay creates a family illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to sp@leaderpost.com. One winner will be chosen each week.

Please send **high-resolution** pictures and include the child's name and contact information.



Last week's QC colouring contest winner was **Alexa Duvall**. Congratulations! Thanks to all for your colourful submissions. Try again this week!



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Wendy's



Routine



#canadator

